

October 30, 2021

I believe that I found another case of this kind of entity attachment situation (that I myself have been dealing with since 2015) last night when I was browsing around a bit on the internet. I went to a particular paranormal/spiritual themed forum that I checkout every now and again, and the title of this particular post grabbed my attention... so I proceeded to read through it. It was written by a young woman and what she described... it seemed all too familiar to me. She described how she had been distressed by intruding and menacing voices ...continuously for going on a year now. This case also involves spirit communication, just like minethough the method...the exact method was different. I began hearing these intruding voices after I was communicating with entities by means of doing EVP recording sessions for a couple of months during the winter of 2015. This young woman stated that she was doing some kind of deep meditation, but that she was hearing the voices and communicating with them by this means of intense meditation. I've actually seen a few similar cases involving very deep meditation and hearing voices, in my research of this phenomenon going back to 2015. As I have mentioned many times here on my blog, I've seen many similar cases to my own and have met many other individuals who have also had these experiences after engaging in some method of spirit communication.

I've met a number of individuals who were doing what I was doing.... they were involved with EVP recordingor the Electronic Voice Phenomenon. However, since 2015 I've seen many accounts and have met many individuals who were engaged in other methods of spirit communication and who were stricken with this same condition of having their lives invaded by voices..... dominating and manipulative voices.

I've met other individuals who were using a Ouija Board... who were doing Automatic Writing....using a pendulum...using a Spirit Box. And yes, I've seen a few accounts and met at least a few individuals who were communicating with beings (of unknown origin) through meditation, usually a very intense meditation. So in this case that I found last night, there was no instrument used, no technological devices such as a voice recorder or a Spirit Box, or any kind of external instrument like a Ouija Board or pendulum...or even a pen as in the case of Automatic Writing. The communication with these beings was all done in a very inward manner through meditation.

Now I'm no expert on meditation and I'm not going to pretend to be any kind of authority about it here. I have tried meditating a few times in my life, this is going back a number of years now. It's not something that I ever really got into in any real way, but I did try it out a few times at least. In those instances, I wasn't trying to communicate with any spirits or beings. It was more

just trying to learn how to quiet my mind. If my memory serves me correctly, I was studying Buddhism at the time when I was trying this out. So I know that meditation in and of itself, can be used and done for different reasons and in different ways. I know that meditation is not always used in any kind of attempt to communicate with beings from other realms, however sometimes it is used this way.

In my writing, I often stress the danger, this particular danger...the danger of having your life violated to the extreme by intruding voices. This is probably the main reason why I write about my experiences, why I talk about them openly... even though I know that many people will just dismiss me as being delusional. I've seen all the evidence ...and in fact have experienced all the evidence that I need to see for myself to know that this phenomenon is real. I'm not saying that everyone who hears voices is dealing with entities, that's more than I know and more than I would presume to know. But for myself, I believe that in many cases... this is what is happening...that these voices are not hallucinations.. that they are real external... intelligent ...sentient beings.

My whole situation began when I was catching these voices on recordings. I played these recordings for other people, and while not everybody always heard as much as I heard, most people that I played these recordings for heard at least some of the voices that I had captured on recording. This is no small thing and in my opinion it's a game changer. I am glad to say that I'm not hearing nearly as many voices today as I was back when all this began for me in 2015. In fact, as I've discussed so many times here on my blog, I am mostly down to hearing just one remaining voice now on a day-to-day basis. This is the female voice that I often describe, the one that tells me that her name is Crystal.

I first heard Crystal's voice on my EVP recordings in February 2015. I was hearing her voice on recordings before I was hearing it outside of the recordings. Since 2015, I've captured her voice on recording on a few occasions unintentionally. In these instances, I wasn't doing EVP sessions... I wasn't trying to capture spirit voices on recording...I was doing something like making a video for something related to my job. When I went back and watched these videos, I noticed that Crystal's voice jumped out at me. I've shared these videos with other people and many have also heard the voice on them... Crystal's voice... the voice that I've been hearing every day since 2015 and that I first heard on my EVP recordings.

There is no doubt in my mind whatsoever that Crystal is not a hallucination, she's not a delusion, she's not my mind playing tricks on me. Aside from hearing her voice, I've experienced a number of other strange occurrences. The main one is that I feel her physical presence at times, often at night when I'm lying in bed...just before I fall asleep. I've written numerous blog articles about these occasions and my struggles for sleep when dealing with this and Crystal's voice chattering away at night and also feeling a physical presence ...a direct presence in the form of bodily sensations.

Getting back what I wanted to say, yes one of the main reasons why I write about these experiences is because I want to warn others about this dangerthis danger of what I

consider some kind of entity attachment/oppression that while it may involve a number of things, usually involves hearing voices to a large degree. As I've mentioned in previous blog articles, I am of the opinion that there may be several variations of entity attachment situations. Some attachment situations may be more under the radar, involving things like subtle influences. By this I mean cases where the attaching entities are trying to have an impact on a person's life and usually not in any kind of positive way, but they want to remain hidden.... they don't want to be exposed, they don't want their victim to know about their presence... they want their victim to think that what they are experiencing is something involving themselves. So I believe that this is one kind of attachment situation and I'm sure there's many variations of this.

However, I know all too well that there is another kind of attachment situation that is very overt... very in your face so to speak. This is the kind of attachment situation that I've been dealing with since 2015. In this kind of situation, the attaching entities aren't trying to stay under the radar, they're not trying to stay hiddenthey want you to know about their presencethey want their presence to freak you out and fill you with fear and anxiety.

This is the kind of entity attachment situation that I've been dealing with and experiencing and this is the kind that I've been investigating since 2015. As I mentioned, I'm not saying that everybody that hears intrusive voices is dealing with this same situation, but I do personally believe that a percentage of it is this same situation. Just wondering how high a percentage.... is the kind of thinking that keeps me awake at night and troubles me greatly. Not only that, if people were stricken with this affliction from these entities who didn't do anything at all to bring it about, that's a thought that disturbs me greatly as well. With this I mean from what I've experienced and from the accounts that I've seen and the others I met, I know that there are activities that put one in danger of being hit with this kind of attachment situation. These situations can start from involving yourself in particular activities such as trying to communicate with spirits ...or beings from other realms. So here there's something we can do about it collectively, and at least something that I can do personally to some small degree, and that is to warn others about this.... about this danger.... about what it looks like.... about the details of what it's like when it is first starting... the warning signs that I realize were there now, but that I missed back in 2015.

In my writings, when I am stressing this danger and talking about this danger, I am most often talking about EVP or using a Spirit Box, or using a Ouija Board or such. I know that I mentioned seeing accounts involving meditation before, but I know that it hasn't been something that I've put any real focus on. So with this article I basically want to add meditation to the list, the list of activities that can carry this danger. I'm not necessarily talking about meditation when it's used to just try and quiet your thoughts, but clearly meditation can be used as a form of spirit communication...of channeling, and just because it's generally not associated with any kind of danger, (like the Ouija Board) doesn't mean that it's necessarily any safer for some people than these other methods of channeling. Yes, this account that I found last night wasn't the first one involving meditation, but it's further evidence to me that meditation when used with the intention of trying to channel spirits or entities, carries with it the danger of being stricken with this kind of attachment situation... this kind of attachment situation ...that is very overt...very brutal. Again,

it can involve many different things, most often it involves having your life invaded by voices that are chattering at you and often criticizing you, condemning you continuously. As I often say when I'm talking about EVP recording, it's something to take into consideration if you're just starting to think about getting involved with this activity. Just because you never heard of anybody having a bad situation from trying to channel spirits through deep meditation, doesn't mean that it hasn't happened, and it doesn't mean that the danger is not there. It's something to give serious consideration to.

- B. Edwards
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